

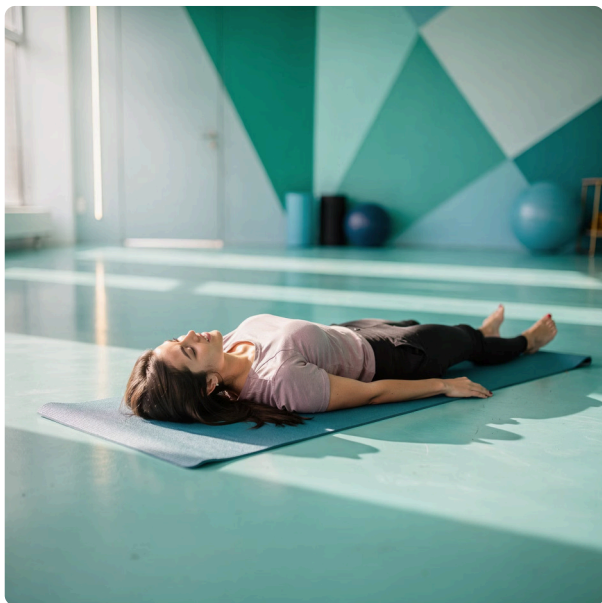
Quick Ways to Signal Safety to the Body

When the nervous system has been under prolonged stress, the body can stay in a protective state even when danger has passed. These practices use gentle movement, breath, and sensory input to communicate safety directly to the body.

You are not trying to force relaxation. You are offering the nervous system new information.

Choose one or two practices at a time. Go slowly. Less is more.

Ankle Rocking (Side-to-Side, Legs Extended)



Try this exercise first thing in the morning before rising from bed to start a sense of safety in your body for the day.

Lie flat on your back with your legs extended long. Allow your arms to rest comfortably by your sides.

Bring your attention to your feet and ankles.

Gently rock your feet side to side at the ankles, like slow windshield wipers. The movement is small, relaxed, and unforced.

O1

Feel the Motion

As your ankles move, allow the motion to travel up through your legs and into your pelvis and spine. Your body may subtly respond to the rhythm.

O2

Keep It Slow

Keep the movement slow and soothing. There is no need to increase range or effort.

O3

Practice Duration

Rock for 30 to 60 seconds. Pause and notice. Repeat for up to 5 rounds if it feels supportive.

❏ Stop if you feel strain, dizziness, or discomfort.

Slow Breathing With Extended Exhale

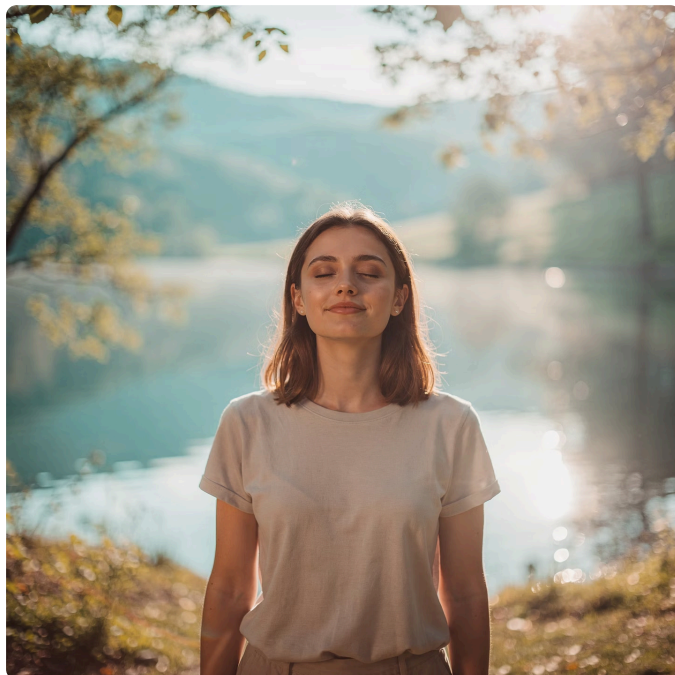
Sit or lie comfortably.

Inhale slowly through your nose for **5 seconds**. Pause gently for **1 second**.

Exhale slowly through your mouth for **8 seconds**.

Repeat this cycle 10 times.

If this feels difficult, shorten the counts. The long exhale is what matters most.



Inhale

5 seconds through nose



Pause

1 second gently



Exhale

8 seconds through mouth



Belly Breathing

1

Hand Placement

Place one hand on your chest and one hand on your belly.

2

Inhale Pattern

As you inhale, allow the belly to rise and feel your diaphragm moving down. As you exhale, let the belly soften and fall as you feel your diaphragm rise.

3

Chest Stillness

Try to keep the chest relatively still.

4

Duration

Continue for 1 to 2 minutes.

Grounding Through Contact and Visualization

Sit or lie down and notice the parts of your body touching a surface. The floor, the chair, or the bed.

Feel the weight of your body being fully supported.

Imagine roots extending from your body into the ground beneath you. Sense them growing deeper and wider, anchoring you.

You do not need to see this clearly. Simply feel stability and support.

Stay here for 1 to 3 minutes.



Notice Contact

Feel where your body meets the surface beneath you



Sense Support

Allow the surface to fully hold your weight



Visualize Roots

Imagine grounding energy flowing downward

Body Awareness

Now let your attention travel inward, slowly and gently. Start at the top of your head. Move downward, one area at a time. Notice any tightness, warmth, tingling, or heaviness. Let each sensation come into focus without judgment. Breathe into those spots and invite them to soften on their own. Follow the scan all the way to your toes, settling a little more with each step.

A Gentle Reminder



Honor Your Experience

Strong sensations or emotions can sometimes arise. If they do, slow down, pause, or stop.



You Are in Control

You are always in control of these practices.



Small Steps Matter

Safety signals work through repetition, not force. Even small moments of ease matter.